



National Center for Public Safety Fitness

22 May 2007

Attention: Police Chiefs, Sheriffs, Superintendents

I am writing to introduce you to the **National Center for Public Safety Fitness** at George Mason University in Fairfax, Virginia. The mission of the **NCPSF** is to provide health and fitness information and training for public safety personnel to include: civilian and military police officers, sheriff's deputies, corrections officers, firefighters, and emergency medical technicians. Since the Center's inception in 1982, the LawFit and FireFit programs have trained over 6,000 law enforcement and firefighting professionals. As the Center's Director, I personally invite you to attend with your fellow officers the

6th Annual LawFit Challenge
Friday 12 October and Saturday 13 October 2007
George Mason University, Fairfax, Virginia

The LawFit Challenge consists of a series of six fitness and job-related competitive events:

STRENGTH & FLEXIBILITY

- Bench Press: One-repetition maximum bench press (1RM) - based on percentage of body weight lifted.
- Pull-Ups
- One-minute timed sit-up test
- Sit and reach flexibility test

CARDIOVASCULAR EFFICIENCY:

- 1.5 Mile run

WORK PERFORMANCE:

- 200-yard suspect pursuit: Comprised of a series of simulated obstacles, including a 3' drainage ditch, 5' wall, stairs, windows, rescue of a downed officer/victim, apprehension & handcuffing of a suspect, and successful simulated shooting of a perpetrator.

These tests have been found to be good predictors of an officer's fitness for duty. Scores for the events are age and gender adjusted to provide a fair and equitable opportunity for all participants. In addition to the individual officer competition, participants may be on a variety of teams: four person teams (four males or two males & two females) and pair's teams consisting of either two males, two females, or one male and one female.

National Center for Public Safety Fitness • George Mason University
Physical Education Building • Room 202 • MS 1F6 • Fairfax, VA. 22030
Phone 703-993-2071 • fax 703-993-2126 • www.lawfit.org • lawfit@hotmail.com

Details of the LawFit Challenge events, as well as pictures and results of previous competitions, can be found on our web site at: www.lawfit.org.

We look forward to providing your agency's competitors with an outstanding experience at George Mason University. The \$50 entry fee for each participant includes a LawFit Challenge commemorative shirt, lunch each day of the competition, and attendance at the Saturday evening banquet. Awards will be presented to the top five male and female competitors as well as the top three teams. Other awards will recognize age-group and individual event winners. All competitors will receive a variety of gifts and fitness gear from sponsoring organizations.

In the aftermath of the 9-11-01 terrorist attacks and with the mandate of Homeland Security in the United States, the health and fitness of law enforcement personnel is more important than ever. Today is a time when officers are being called upon to perform increasingly diverse duties in support of military and national security services. The LawFit Challenge is an opportunity to recognize those officers who have proven they are fit to serve.

Participation in the LawFit Challenge provides an excellent opportunity for supporting the law enforcement community, specifically your agency's competing officers. Your support of this unique and powerful event is greatly appreciated.

For further information or questions regarding the National Center for Public Safety Fitness and/or the 6th Annual LawFit Challenge, please contact us at 703-993-2071, LawFit@hotmail.com or visit our website. I look forward to hearing from you soon.

Sincerely,

Dave Bever

David L. Bever, Ph.D.
Director
National Center for Public Safety Fitness
George Mason University
P.E. Bldg., Room 202, MS1F6
Fairfax, VA. 22030
703.993.2071
LawFit@hotmail.com

National Center for Public Safety Fitness • George Mason University
Physical Education Building • Room 202 • MS 1F6 • Fairfax, VA. 22030
Phone 703-993-2071 • fax 703-993-2126 • www.lawfit.org • lawfit@hotmail.com

6th Annual LawFit Challenge
George Mason University
Fairfax, VA
Friday & Saturday, October 12 & 13, 2007

APPLICANT INFORMATION

(Please type or print legibly.)

Participant's Name: _____ DOB: _____ Gender: ☐ M ☐ F

Agency Name: _____

Agency Address: _____

Work Ph: _____ Cell Ph: _____ Email: _____

Shirt Size: S ___ M ___ L ___ XL ___ XXL ___

Do you require special accommodations under provision of the Americans with Disabilities Act? Y ☐ N ☐
If yes, please state the nature of the accommodation required:

EXPRESSED ASSUMPTION OF RISK

I authorize that _____ has had a work-related medical examination in the past 12 months; is fit for full duty as a law enforcement officer; and he/she is physically able to participate in the LawFit Challenge. I further recognize that this event's physical activities (**one repetition maximum bench press, 60-second sit-up test, sit & reach flexibility test, maximum repetition pull-up test, 1.5 mile run, and 200 yard suspect pursuit**) have the potential to put significant stress on the cardiovascular and musculoskeletal systems of participants.

Signature of participating officer: _____

Signature of agency supervisor: _____

Print name and address of agency supervisor: _____

Phone Number: _____ Fax Number: _____ Email: _____

Registration fee of \$50 per person made payable to LAWFIT

Mail this form and your registration check to:

Dr. David Bever
National Center for Public Safety Fitness
PE Building, Room 202, MS 1F6
George Mason University
Fairfax, VA 22030-4444

Phone: (703) 993-2071
Fax: (703) 993-2126
Email: LawFit@hotmail.com
www.lawfit.org

LawFit Challenge

♣ Sponsoring Site: George Mason University Field House

Thursday, October 11, 2007

- 7:30pm Welcome & Rules Interpretation Meeting
Weigh-in & Registration
George Mason University Field House

Friday, October 12, 2007

- 8:00am Check-in/Light Breakfast
- 9:00am Opening Ceremonies
Welcome & Introductions
Moment of Silence
National Anthem
- 10:00am Games Begin
 1. Bench Press
 2. Sit Ups
 3. Sit & Reach
- 12:30pm Lunch
- 2:00pm Games Continue
 1. Pull Ups
 2. 1.5-Mile Run



Saturday, October 13, 2007

- 9:00am Rules & Agility Course Walk-through
- 10:00am Agility/Obstacle Course
- 12:00pm Lunch
- 2:00pm Agility/Obstacle Course
- 5:30pm Welcome/Cocktail Hour
- 6:30pm Celebration/Awards Banquet
- 9:30pm Music/Party/Dancing
 - The Auld Shebeen
3971 Chain Bridge Road
Fairfax, Virginia 22030
703-293-9674

REQUIRED ATTIRE FOR LAWFIT CHALLENGE 2007

Thursday October 11th

T-shirts/tank tops, shorts for the **required weigh-in**.

Friday, October 12th

T-shirts/tank tops, shorts/running tights, and running shoes

Saturday, October 13th

Agility/Obstacle Course: we are requesting that all participants wear a t-shirt with your agency's logo, BDU pants, and running shoes/cross trainers.

Saturday October 13th Banquet

Casual attire

If you have any questions please do not hesitate to contact:

Dr. Dave Bever

Director – National Center for Public Safety Fitness

George Mason University

703-993-2071

lawfit@hotmail.com

www.lawfit.org